

Homefront

For the racially conscious home Publications

Issue No 17 Summer 2015

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Welcome to issue no 17 of Homefront Magazine.

The writers of Homefront are from various countries throughout the world, so not all articles will have English and not all articles will be perfect English, so keep that in mind when reading our publication!

We are really happy with this issue and we hope to have our next issue out for Yule 2015, but with so many projects on the go we can never guarantee a timeframe, but our goal is for Yule 2015.

If you would like to submit to HF or make a suggestion contact us via wau14.com we are always looking for new writers, artists, or people with editing / formatting skills to help put HF together!

As always HF will remain free and available for Download at wau14.com/homefront

**For Our Folk
WΔU Sisterhood Worldwide**

How to protect our children

There is no greater role than that of a parent, especially that of a mother. I am not saying that a father's role is any less important, just different. As a mother we are our children's protectors, educators, nurturers, friend and confident. It is our job to teach our children how to become adults with good morals and values; it is our job to keep our children safe.

So how do we go about this? How do we keep our heritage & culture alive through our children especially in this day and age where it seems that around every corner there is someone trying to brainwash them into believing that we the parents are wrong, that what we believe is evil.

I have given this a lot of thought & I believe we must teach our children love for our race & not hate of other races. We need to instil a sense of pride into them, this can be done through stories of our ancestors, attending white cultural events, taking up a hobby that celebrates our heritage i.e. Irish Dancing. We need to talk with our child, not at them and we need to listen to them and hear what they are saying. Most importantly we need to be a part of our children's lives; we need to be aware of what our children are doing & what influences are in their lives. We need to monitor what they are watching on TV (better yet do not allow them to watch TV, it is full of interracial filth), what they are reading & most importantly what they are looking at on the Internet, social media is probably the worst place for a teenager, it is full of predators.

WAU Australia

Securing our future one child at a time.

Slow Cooker Guinness Beef Stew

Ingredients

4 lbs boneless beef chuck roast,
trimmed and cut into 1-1/2-inch chunks
Salt and pepper
2 tbsp. vegetable oil
2 onions, chopped about 2 cups
4 cups low-sodium chicken broth
1-1/2 cups Guinness Draught
1 tbsp. light brown sugar
1 tsp dried thyme
1 ounce bittersweet chocolate,
chopped (yes, chocolate!)
2 bay leaves
5 carrots, peeled and cut into
1-inch chunks
1 lb parsnips, peeled and cut into
1-inch chunks
1-1/2 lbs baby red potatoes
(about 24), scrubbed
1/4 cup unbleached all-purpose flour
2 tbsp. minced fresh parsley



Directions

Pat dry the beef cubes with paper towels and season with salt and pepper. Heat 2 tsp of oil in a large skillet over medium high heat until just smoking. Cook half of the beef until browned on all sides, about 8 minutes. Transfer to the slow cooker insert and repeat with an additional 2 tsp oil and the remaining beef.

Add the remaining 2 tsp oil, onions and 1/4 tsp salt to the skillet and cook until the onions are lightly browned, about 5 minutes. Add the broth, 1-1/4 cups of the beer, sugar, thyme, chocolate, and bay leaves and bring to a boil, using a wooden spoon to scrape up any browned bits. Transfer to the slow cooker insert.

Add the carrots, parsnips, and potatoes to the slow cooker insert. Cover and cook on low until the meat is tender, about 9-10 hours (or cook on high for 6 to 7 hours, but I have only tried this recipe on low for 10-hrs). Set the slow cooker to high. Whisk the flour and remaining 1/4 cup beer until smooth, and then stir the mixture into the slow cooker. Cook covered, until the sauce thickens about 15 minutes. Remove and discard the bay leaves, stir in the parsley, and season with salt and pepper to taste. Serve.

Learn and start to cook....

This topic may sound idiotic to many people, but believe me not everybody knows the basics of cooking or how to move around in a kitchen. It is sad and unfortunate, but nowadays girls do not learn these basic skills. We no longer have homemaking classes at our schools and the idea of cooking or homemaking are passed to girls as something antiquated that they should avoid. Tell me how dumb does this sound?

It is a basic skill everybody, girls and boys, should know, how to feed yourself!

You never know how it will be tomorrow; you should not rely only on others to fill your basic needs for survival. Eating is one of our basic needs as human beings and you should at least know the basics of how to prepare an edible meal.

Know your tools

It is important to have some basic kitchenware at home.

You should have at least in your kitchen a pan or a pot, a frying pan, a wooden spoon and a good knife.

With a bit of creativity you will be capable to do almost any basic recipe with these items.

Nowadays there are cheap little tools that will make your cooking experience more pleasant such as IE. A carrot peeler, with that little thing you will peel a carrot in 30 seconds or less. But look online or at the store for other tools that may make your cooking easier and faster.

Get familiar with different products

The more products and food you know the easier will be once you start to cook. Go to a farmers market and ask about everything you may be curious to try. Farmers are often nice and helpful people and will let you try out their products and will also sometimes

give you nice advice on how to cook and use them.

Manage your time

When cooking time is the key, sometimes you will need to multitask and being aware of how to manage your time will be the key for successful meals. This is something you cannot learn from someone, is something you will learn with experience.

Start with easy recipes

Do not start with fancy and complicate recipes, with terminology you never heard about as *sous vide*, *confit* etc. It is important to know how to read a recipe so start with the easy recipes which have products you know, and you understand all the steps and terms.

Another important thing regarding recipes, once you are starting and do not have the know-how and the practice, stick to recipes from people from your own country and people you know or online official sources, do not pick recipes from a random blog. Many people do not realize products vary from country to country. In the example a bread recipe that works really well in the US, probably will end up in a disaster in Europe because the flour has different grinding processes between US and Europa, as well, we have different yeast, milk in one country may be more dense and fat than in another, etc. These little things may ruin a recipe or made it less good.

We hope you now have an idea how to start and what you should look for. Do not be afraid and unmotivated if your first dish looks weird and not pretty like you see in magazines or online. Remember that behind the most popular cooking websites are professional photographers paid to make food look pretty, they use filters, play with light and believe me some magazine food are not even edible, food stylers even use hair spray on the food to enhance the food looks.

WAFU Europa

Natural treatment for smooth feet

Many of us suffer from hard, cracked heels, not only are they unsightly to look at but they can also be painful. Many products are quite expensive to use and most don't seem to work.

For a natural foot treatment use baking soda, it has antiseptic properties, and can reduce water hardness.

To clean your feet using baking soda you will need 3 tablespoons of baking soda and 4-5 litres of water.

Dissolve the baking soda in hot water and soak your feet in the mixture for 15-20 minutes.

Use a foot scrub on your heels and then apply a good moisturiser, heel balm or Vaseline to your feet. Put on some 100% cotton socks and leave on for up to 2 hours.

You should notice an improvement to your feet after this first treatment. Repeat treatment for up to 5-7 days and then break for a week, and then repeat the process. For optimum results repeat up to 3 times.

How to get rid of Rough/Dry skin on your feet

Mix 1/4 cup of Listerine (any kind), 1/4 cup vinegar, and 1/2 cup warm water (I used hot)

Let feet soak in mixture for 15 minutes. When done wipe feet off with a cloth

I have started doing this once a week and my feet feel amazing!

HomeFront

KEEPING A NATURE JOURNAL TO EXPLORE THE NATURAL WORLD WITH YOUR CHILD

The drive to explore, inquire, ask questions, and seek explanations to the mysteries of the natural world are an intrinsic part of a young person's development. As we grow older, we "grownups" tend to lose the youthful drive to ask "WHY" and verify the facts for ourselves! Yes, we tend to make assumptions or accept the explanations of others rather than verify the facts ourselves.

How surprising it is, when as parents challenged by our young children to explain "why?" - That we find ourselves wondering the same thing about all manner of subjects we long ago checked off our list as "explained". How wonderful it is to take new appreciation of the growth of a seed, the progress of a caterpillar, the metamorphosis of a frog, or the swooping flight of a hawk, when you see these things again through the eyes of a child.

Nature offers you and your child many opportunities to learn. The interactions of animals, plants, weather, and geology are easily observed in our yards, parks, and "wild" places. Even in an urban setting, nature finds a way to make her presence known.

Keeping a Nature Journal is an effective and fun way for your child to study this wonderful outdoor classroom. The process and action of keeping a journal, with notes and drawings gives a systematic framework to your child's outdoor studies. By engaging in keeping a written and visual record of their observations, children retain more knowledge and understanding than with just a passive walk outdoors. Not that there is anything wrong with just a carefree stroll! In fact, be sure to allow your child to take a break from journaling or any structured activity to go chase a butterfly or two.

So let's get started. The journal itself can be as basic or "fancy" as you wish. I prefer to use the hardbound style blank journals available at craft and art stores or online. To introduce your student or child to the idea, encourage them to decorate the cover with nature themed stickers and letters to make it special to them. You don't need more than a pencil or pen to add your notes and drawings. However, a few extra accessories can be added to give your journal keeper motivation. For example, coloured pencils, a small set of basic water colours and a brush, an eraser, portable sharpener, coloured pens, and non-toxic magic markers are just a few art supplies to keep your young naturalist enthused. Additionally, I sometimes bring clear tape to tape samples of leaves, flowers, feathers, and similar findings into the pages of the journal.

If you plan on going further afield than your backyard, bring what you need to keep you and your young explorer comfortable. Water, snacks, bug repellent, a hat, and sunscreen might be appropriate, and can fit in a small backpack or tote bag. There are many field guides to help identify plants, animals, minerals, and just about everything else you are likely to come across in nature. You may choose to take one or two and focus on just a few natural history subjects for your outing. But be sure to allow your child's interests and serendipitous finds drive the journaling experience too.

The content and style of the journal will be up to you and your child. Being consistent will make the journal a better learning tool. Here are some ideas for what you can take note of, observe, and record to serve as a basic template. I like to start each page with a short header that describes the location (a specific park, wetland, field, forest, and backyard) date, and time of day. Then, ask your child to describe the weather. What's the temperature? Is it windy or calm? Is it cloudy, or clear? If there are clouds, can he or she describe them? Perhaps you can encourage the journal keeper to draw the shapes of the clouds. Now is the time to learn about the names for different types of clouds and the different weather they signal. Are those bright eyes of your child gazing at a cirrus, cumulous, or strata - cumulus cloud? When back at home, you can compare the journal drawings to images in a book about weather and identify them. See how that works? Through use of the nature journal, what is observed, written about, and sketched in the field, becomes the vehicle for more learning indoors at home.

We just applied this learning technique to the subject of clouds. Now, you can imagine how it can be broken out and used to encourage your child (and YOU) to learn about so much more. When you head outdoors, look for birds, reptiles and amphibians, insects, and mammals. Ask your child "what adaptations do the creatures you encounter have to thrive in their home?" Encourage your child to draw or paint the animal's body shape, colour, teeth, beaks, claws, fur, feathers, scales and more. Do you notice what times of day they are more active? How they interact with each other or other animals? Is there cooperation, or competition within species? Or both? Why? What does your child notice how one type of animal engages with different animals? Much of what is true in nature applies to mankind as well, and that is an important lesson for our children as well!

In future articles, I will give you an introduction to other natural history topics to explore with your journal and your children and students, plus some other equipment to help make that journey fun and educational. Meanwhile, keep your senses open to the natural world, and don't forget to ask "WHY?"

For Our Folk,
Jon Sylvan Porter

Hair Loss Tips

For over 4 years I have suffered greatly with hair loss and overall brittle hair issues, when your hair starts to fall out in excess or breaks off you are definitely lacking nourishment or have low iron / ferritin. I have lost over half of my hair over the last 18 months so I started on a strict regime of Iron because I have low ferritin, biotin, selenium, complex B vitamins and coconut oil, I take the Iron on its own as Iron tends to interfere in the absorption of other vitamins, so I try keep a 3 hour gap between them.

I take my selenium in the evenings, The University of Maryland Medical Centre website states that selenium functions as an antioxidant and helps rid your body of the harmful effects that result from exposure to the sun and the environment. It also enhances your immune system, supporting your body's ability to maintain its proper functions, such as hair growth. Selenium occurs naturally in liver, butter, garlic, whole grains, certain types of fish and other foods, though the University of Maryland Medical Centre website states that the selenium levels in these foods fluctuate. You can also take selenium as a supplement, and the Huntington College of Health Sciences recommends a dosing of 25 mcg to 50 mcg a day.

I then take my Biotin supplement, Biotin or Vitamin B7 is also called Vitamin H or Coenzyme R. It is a water-soluble compound and one of the B-complex vitamins. A Biotin deficiency is very rare, but it does occur especially in people with metabolic disorders and much to my annoyance I have a metabolic disorder. For example, alcoholics are known to have lower levels of biotin than the general population. Pregnant and nursing mothers will also have much lower levels of biotin due to the increased demand for the vitamin in the body. Pregnant women are especially prone to biotin deficiency and studies have shown that 50% of them develop a deficiency in this vitamin. Both Biotin and other hair loss vitamins can have fantastic effects on your hair loss prevention and regrowth efforts. Combine Biotin with other B vitamins and the result is a powerful combination that can really help with hair loss. Other vitamins are known to boost the power of Biotin, but the B vitamins seem to have the greatest effects, I take a soluble complex B vitamin for overall health and energy.

For styling and overall hair nourishment I no longer use hot irons, dryers etc. on my hair, I use shampoo every other wash and use a good conditioner and then once towel dried I apply coconut oil and leave it in until my hair is washed in a day or two. Over the last 8 months or so I have had a huge decrease in hair loss, so fingers crossed by the end of 2015 I have at least got back 50% of the hair I have lost..

Evelyn
WAU Europa

Rainbow cake

Ingredients:

200 g butter at room temperature
4 eggs
480 g cake flour
320 g sugar
2 tablespoons vanilla flavour
16 g yeast royal
250 ml of whole milk at room temperature
food colouring gel or paste

Ingredients "ganache" white
chocolate
400g white chocolate couverture
400g whipping cream



Step 1: In a bowl beat butter creamy and then add the sugar until combined. Then add the eggs one at a time until all are combined and then add vanilla.

Step 2: Mix the yeast and flour and will be adding slowly, trying that is a homogeneous mass. Once you have added all the flour and milk will end up beating.

Step 3: We'll take six small bowls and put a tablespoon of dough in each. Add the food colouring to each bowl.

Step 4: To facilitate the work of baking can buy round aluminium moulds, which come in packs of 3 units and so do not have to be cleaning each time and in addition can re-use to another time and over will fit 2 molds baked, so it will save time. Put a little butter in the pan and bake about 8 to 10 minutes at 180 ° with the already heated oven.

Once cooked the leave cooling, can be used at or wrapped with film in the fridge for the next day.

Step 5: Now we will make the white chocolate ganache. In a saucepan will dispose white chocolate with the cream and heat it, ensuring that we do not burn. Once you have integrated the two foods leave to cool and put it in the refrigerator at least 6 hours or overnight.

Step 6: To assemble the cake, ganache will beat while we had in the fridge and will be putting small amounts to the centre of the cake, and we put the different colours we have done.

Once we have all the floors made only will we need a little patience and finish covering the rest of the cake and decorate it to your liking

Frans W&U Europa

Overcoming Nihilism

The pervasive grasp of modernity holds people within an invisible prison with bars made with greed and lies. It is normal for people in their daily lives to aspire to nothing more than acquiring more money, and more things. People sell themselves to the economic system walk away with small fractions of what they deserve and spend the pennies on frivolous mass produced nothings. Aside from purchasing and working, commonly accepted forms of pastimes for young people include the use and abuse of substances which affect the mind and body, sexual promiscuity and of course television and mainstream media, celebrity gossip, sports, all of the opiates of the masses.

These are simple things created for simple people by extremely devious people. The people I see around me are very simple. It is these simple people who mimic whatever environment they are in. In a strong, nationalist, life affirming state, these simple people become extremely useful, they emulate the strength and positivity of the state and contribute greatly to its goals. In our modernist capitalist dystopia, the regular simple people have absorbed the full flavour of the state; they believe in nothing, they stand for nothing, they work, they sleep, they party, they get old, they die. This system is a waiting room for people, all that these people are doing is standing around in a waiting room of nothing, passing time until they die of old age, or whatever other meaningless end fate has planned for them. Existing and truly living are not the same thing. We all exist, but few of us are actually alive. The way I see it is that these "normal" people are taking the gift of life for granted, their lives are less significant and less valuable than the life of any

animal. sentence bipedal, having and write, and the questions. thing that truly from the other ability to truly perceive our environment and



other kind of is not being the ability to read ability to ask basic Sentence, the makes us different animals is our question, to truly world, to alter our to consciously

improve ourselves. But if we don't ask questions, if we don't use our gift of problem solving and our initiative to change our world and to better ourselves so that we can face obstacles and threats more effectively, how are we any different from non-sentient animals? We aren't.

Humans rose up to be the dominant species on this planet. We outlasted and endured unimaginable hardships to become dominant; we explored and inhabited almost every corner of the globe. The potential our future holds is incomprehensible to us now. We could be working towards higher evolution, we could be working towards improvement and advancement, instead we sweat and toil for paper which has been given to us as currency, we wallow in self-abuse, spread disease and kill ourselves with "fun" poisons. We are trading a future worth fighting for, for meaningless trash and nihilistic comforts. Nobody agreed to that deal, it was slowly just pushed on us, and now our western world is nothing but the worst kind of narcissistic free-for-all. Yolo. It's sickening.

For everything we are, for everything humans have worked for, through the worst kind of adversity, it is a shame, the worst kind of shame, to turn our backs on everything, past and future. To give into this trash culture and forever fade away into a void of nothingness. Acknowledge that you are a member of the dominant species on this world, that your ancestors underwent the worst conditions and survived, they triumphed over adversity a thousand times over and here you are. Here you are watching t.v and shoving chips in your mouth while the world around you gets ever closer to reaching a new dark age. Consider our past, Look at our potential future, look at our current path...

Now, look at your own life. **Are you doing it right?** vinlandawakes.blogspot.ca

Knitting and crocheting for Kids!

My niece decided last year that she wanted to learn to knit, so we let her join a knitting class and she absolutely loves it, you can now find her huddled on the sofa knitting, in the back of the car knitting and also in bed which is really great to see. She has made some wonderful things and I told her come Yule 2015 I want a nice sweater knitted lol

Some tips to get your children interested in knitting or crocheting.

The best age is over 6 years old and it really depends on the child in question, some kids have better eye hand coordination than others, my niece who is 9 also took knitting classes and had no interest in learning.

Your child's very first project or any beginning knitter should be a swatch of about 20 or 25 stitches, but if they are taking a class then that is not something you really need to focus on, but a small project would be wise, because it tends to get frustrating to teach a small child if the project is too big and overwhelming!

Make sure if you are teaching a child yourself that it is in a quiet area with no distractions.

My niece started with a 1 hour class and as she progressed it went up to 75 minutes, so make sure at the start to keep it to an hour or under.

It is imperative that you are encouraging and give your child plenty of compliments, even when their knitting doesn't look great.

Remember simple things like counting the number of stitches they have at the end of each row, so that you don't have to back stitch and fix the error, but it is very normal when learning early on that stitches will be inadvertently dropped or added...

Evelyn WAU Europa



Peixinhos da horta

(Recipe from Portugal, the original is just with green beans)

Ingredients:

vegetables (egg eggplant, zucchini, carrots, turnips, green beans ...)

-flour

-eggs

-water

-salt and pepper

-parsley

-oil for frying

Preparation:

Cut the vegetables preferably in large strips or slices make a batter by mixing eggs, flour and mix with water to get a thick liquid.

Chop the parsley and mix the batter.

Season the puree with salt and pepper.

Bake the vegetables and allow to cool.

And heats the oil Pass the vegetables in the batter and soak in the oil for frying.

Place the fried vegetables on a tray with absorbent paper to remove excess fat.

Suggestion: Serve with white rice and salad.

Beu – Portugal



Wolves are an essential creature to our folk. They have such deep symbolism within our heathen religions. They have a key role in our ecosystem. They have such a strong and loyal soul to those lucky enough to befriend them. The wolf is portrayed by nature as a predator. Making it the symbol of the warrior on one hand and the devil on another. In Norse Mythology there were 3 malevolent wolves. Fenrir is bound by the Gods and is to devour Odin during the course of Ragnarok. His two offspring Geri and Freki are Odin's faithful pets and are supposed to be a good omen. Most fearsome of the Beasts of Battle and called the "corpse trolls". The wolf was the embodiment of slaughter and murder. Wolves were associated with outlaws and berserkers.

We can clearly see much of this within the symbols of our movement and the reference in many books and film.

The survival of these wonderful creatures is being jeopardized in our modern world. Originally wolves were protected under the Endangered Species Act which in 2011 started stripping their protection. As of April 2015 3600 wolves were slaughtered in just 6 states. Wolves in Wisconsin are illegally killed at a rate of 65-140 a year. Gray wolves are currently protected as endangered throughout the lower 48 states except Minnesota (where they are considered threatened) and in Montana, Idaho and eastern Oregon and Washington they have zero protection. Congress is currently working on removing all their protection by delisting the wolf from the Endangered Species Act.

A few sites bringing awareness and acting as a voice for them are:

- Predatordefense.org
 - Taking donations for a billboard campaign
 - petitions available
- Updates on the laws concerning the wolf and their breeds
 - Humanesociety.org
 - charities created for the wolf
- articles and learning materials about the wolf
 - Nywolf.org
 - a conservation center for wolves
- many learning seminars an educational video on the wolves
 - live webcam so we can see how they operate and learn from this majestic creature

The wolf is essential in many ways. They should be cherished, not killed for sport or considered a danger to us. As long as we respect their territory and space they will return us the same respect and protection. Just take one look into the eyes of a wolf and they speak to you. You can see the love and loyalty can offer. As we protect our race , let's use our voice to help fight for the preservation of the wonderful and beautiful wolf.

Vex Steele

Sun Safety for Children

The Sun, a star at the center of the Solar System, is considered the most important source for energy for life on our planet. It's beneficial to us in many ways; exposure to sunlight elevates our mood, warms us and starts the vitamin D production in our skin. Moreover, it can work as a treatment for several skin diseases such as atopic eczema and psoriasis.

Unfortunately, exposure to sunlight also has some negative health effects. It ages the skin and causes wrinkles by decaying the dermal connective tissue. Furthermore, solar radiation can be harmful to the eyes and contribute to clouding of the lens in the eyes, which is called cataracts. Repeated burning of the skin in childhood and youth can also expose to melanoma and, apparently, also to basal cell cancer.

It's important to protect a child's skin from the sun because skin and eyes react very easily to ultraviolet light (UV) due to underdeveloped mechanisms of protection. Burning of the skin and a large amount of UV radiation increase the risk of skin cancer.

Besides clothes, sunscreens and sunglasses you can also protect a child who's sitting in baby carriage or stroller by using a gauze. During mid-day it's recommended to keep the children indoors or in shadow as the harmful UV radiation is as it's highest at that time.

Protection shouldn't be forgotten on windy or cold days, either, as the UV radiation cannot be felt on the skin. The UV rays also pass through clouds better than visible light does. Surfaces such as water, asphalt and sand reflect UV radiation easily which is why a baby may get as much as half of the direct sun radiation even in the shadow.

Babies under 6 months should be kept completely out from direct sunlight because the protective mechanisms and the thermoregulatory ability of their skin are still underdeveloped. Sunscreens are not recommended for small babies.

Below you can read more detailed sun safety tips that focus on protection through clothes, sunscreens and sunglasses.

Clothes

When it comes to normal clothes the best ones are tightly woven cotton fabric and silk. The sun protection of a T-shirt only corresponds to SPF rating 5, depending on the colour of the shirt. Dark and bright colours protect better than light colours (for instance dark blue vs. white/yellow). Wearing a shirt and a hat with large brim is an effective way to protect those areas of skin that burn easily, which is face, shoulders, neck and arms.

Although all clothes protect your skin from the UV rays, there is also special sun protection clothing available. If you decide to purchase such clothes, you should make sure they meet the standard of UV protection. In some clothes the protection has been created with spray which means that the clothes may not be effective after the first wash.

Sunscreens

Covering clothes are the first recommended way to protect your child. If the child is older than 6 months you may also use sunscreen on his skin. Both chemical and physical sunscreens are said to be safe on a child's skin and they haven't been reported to transfer harmful substances in to the skin. There are also sunscreens available that are free of alcohol, colorants, parabens and fragrances.

Continued next page.....

Sun Safety for Children continued.....

If you use sunscreens on your child's skin it's recommended to use products with UVA and UVB protection. For infants you should use products with high sun protection factor that is 30–50.

Sunscreen should be spread on the entire body well before going out. Also ear leaves, lips, palms and feet should be greased. The edges of sleeves and hems reflect light to the skin so it's also good to spread sunscreen under the garments in those places. Protective creams should be added every two hours and even more often if you tend to sweat hard, wipe your skin or go swimming.

Although sunscreens alleviate the UV radiation that burns the skin and causes cell damages they don't prevent its contact with skin completely. Therefore, using a sunscreen doesn't mean that your child can automatically stay longer in the sun.

Sunglasses

The eye lens of a child is bright which is why it filters UV radiation worse than that of an adult. A large amount of UV radiation is targeting the eyes during sunny weather and by the water. Protecting the eyes is important also because a child doesn't necessarily understand to avoid looking directly to the sun. I personally remember when I was a little girl we had a "competition" with my girlfriend: who can stare longest time to the sun – not very smart!

Sunshine can be strainful to the eyes and cause headache. Exposure to strong UV radiation may also cause conjunctivitis ("pink eye") which is a condition that, however, usually heals within a couple of days. A long-term exposure to sun can cause permanent changes such as partial clouding of the lens. Sometimes the UV radiation may reach the eye ground and thus cause macular degeneration.

For children sunglasses are recommended only when the sun shines. Since water and sand reflect a lot of UV radiation it's important to protect the eyes when playing in the sand, swimming or being on a boat. Also keep in mind that snow blanket reflects back as much as 80 % of the UV radiation. Once again, wearing a wide-brimmed hat can help protecting the face and the eyes from direct sunshine.

When choosing sunglasses for your child pay attention to the lenses – not all dark lenses protect from the UV radiation. Make sure the sunglasses fit and feel comfortable; they shouldn't feel too tight or hit the eyelashes but they should, however, cover the eyes from all directions. The best way to find suitable sunglasses is to simply try them on before buying them.

WAU

Homefront Quick tip: If you cut yourself badly and you have a deep cut just rush to the ER as soon as possible. You only have a 6 hour time-frame to be stitched. This is due the risk of infection and the stitches might not hold up and you will be in greater risk to develop even a bigger infection. If you miss that window of 6 hours you will have to heal slower and wait for the cut to close by itself. This can take weeks (depending on how fast you heal and how deep is the cut) and weeks having to go to nurses changing band-aids, you will have to take strong antibiotics to prevent infection and all sort of trouble.

So if you cut yourself badly just go to the ER do not wait and regret it later.

Defending Religion/Defending Our Race

by Kevin Harris

There has been something mulling in my head for some time now about whether to write an article on an issue. But I just got done reading an article and it pushed me over the top in thought.

I'm going to talk about Defending Religion and Defending our Race. Let's start off where we are at now in the Movement. The government has destroyed us from within. This movement is on a fringe level. They destroyed Unity by throwing in informants and groups that are not about what we truly stand for. It has caused diversion and wasted time on our ends. Most of us have fallen in to the nonsense at some point or another. This means that the Zionist tactic worked. This can be no more because we all need to look at the bigger and better picture. We need to aim our focus on the good and what is working as opposed to the bad and what is doing nothing. Ignore the idiots that keep us from moving forward and persevering.

White Supremacy/White Pride/White Nationalism is virtually demonized at this point thanks to media portrayal and lies. When we should have been more of a voice for what we believe in, we were silent. Silence lets our enemies know that they can trample on us with no resistance. My Race is my Religion and that is compromised in main stream society. The Zionists marred that idea/belief. When they accomplished that, they began their next attack which is Christianity. Every day I read articles or see the news whereas Christianity is being once again assassinated. Crucifix's removed, school prayer being silenced, Merry Christmas being replaced by Happy Holidays even though happy Hanukkah still remains in place with no contest against it. What happened people? When did we give up our fight?

I practice and study Odinism. And that in itself is a fight within the system. Prisoners try to get Odinism recognized in the system and most to no avail. It takes years upon years of a fight to get it recognized as a religion and to establish kindred with a Gothi whereas Muslim religion is accepted. They are eradicating everything about the White Race. As government keeps attacking Christianity and makes it so you see less of it everywhere. Well what does that mean? When you see less Christianity visually, you see more Judaism in plain sight. No one is making Jewish imagery a crime. This is happening on a massive level worldwide. They are crushing all that is White. I'm not a Christian but I am going to stand by my Brothers and Sisters that are and fight so that they can keep having a belief in a God. It is no one's right to take that from them.

Now this next part is in my own opinion (IMO) so do not be offended if there is something you don't like about this. Now, I have embarked on battles to defend Christianity even though it is not my personal belief. But this religion which you pray to has come under major attack. Where is the up-rise of Christian support in all the issues we read about? This is God testing you. We need to be a big voice in all of the attacks we have succumbed

to. When we are angered and view the attacks that have come at us, why do we sit back? Even a simple phone call or rally against the issue will help. It is resistance. Something is better than nothing. For all religious people, no matter what God or Gods you believe in, when your God or Symbol is attacked, then you are attacked. You have the right to defend yourself or that ideology/belief. We are not the voice that we should be. We are the sheep amongst the herd that they want us to be. Let's stop with this. We need to be the Wolves amongst the sheep. People are losing their businesses because they stand strong and are adherent to their faith. Religion defines where you end up when you pass from life. This per-say is what you dedicate your life to. You choose the religion and place where you wish to end up at. So therefore you are saying you will die for your religion. Do you think that you will not be questioned by the higher powers when you are in limbo/purgatory why you did not stand up when you were tested on earth about all the tests that were put in front of you? What will your answer be? You will wish you could have gone back in time to do the right thing. Well this conversation is at this point future. You don't have to wish to go back. You can do the right thing now! Today is Tomorrow's yesterday....Make it count.

Ultimately what I am trying to get to is that if we cannot win People back to defend the most important thing in their life which would be religion. If we can't get them to stand up for their own faith. If we can't get them to even be a voice or a phone call to defend the God they pray to, give money at church for or claim they would die for. If they do not defend their own religion or faith, how can we ever expect them to defend our own White Race? If you/they do not defend their own God. They will never defend their Own White Race.

Thank you for your time. Legally stand up more than ever. If you are religious, then defend your religion. If you don't do that then we can't expect you to go to the next level of truly Defending your Racial Lineage/Culture. 14 Words.
White Pride World Wide

**TyrantTrooper/Kevin
Harris/Battalion 14**

**We must secure the existence of our
people and a future for white
children.**

Muesli Biscuits



A healthier and cheaper alternative to supermarket muesli bars which are highly processed and full of sugar. Mix it up! Fruit and nuts can be replaced with any that you choose. Biscuits will keep for at least 2 weeks and are also suitable for freezing.

Preparation time: 15 minutes

Makes about 10 biscuits

Ingredients:

- 75g butter
- 1/3 cup honey
- 1/3 cup sunflower seeds
- 1/3 cup pepitas
- 3/4 cup coconut
- 3/4 cup dried fruit
- 3/4 cup oats
- 1/4 cup wheat germ
- 1/2 cup plain flour

Method:

1. Preheat oven to 160°C and line a baking tray with grease-proof paper.
2. Mix all dry ingredients together, including seeds and dried fruit.
3. Place butter and honey in a saucepan over low heat, stirring until butter has dissolved.
4. Add butter mixture to the dry ingredients and stir until well combined. Place bowl in the fridge for about 30 minutes, mixture will cool and become firmer.
5. Using hands, roll mixture into large balls and place onto tray, then flatten slightly with the back of a spoon.
6. Bake in oven for approximately 25-30 minutes or until golden. Set aside to cool completely before removing biscuits from tray.



Red velvet cake

Ingredients

- cake
- 2 cups of flour
- 1 cup of sugar
- 1 tea spoon of salt
- 1 tea spoon of baking soda
- 2 table spoons of cocoa
- 1 cup of butter
- 0.5L of buttermilk
- 2 eggs
- 1 table spoon of vinegar or lemon juice
- 25ml of red food colouring (for the red velvet) I often make my own colouring from beets but I couldn't find beets anywhere.
- 1 table spoon of almond extract (for the white cake)

filling

- 250gr cream cheese
- 200gr castor sugar
- 2tbs butter

icing

- 320gr of dark chocolate
- 1 cup of cream
- 4 table spoons of butter

steps

1. Mix and sift the dry ingredients: flour, cocoa, salt.
 2. In a separate bowl, whisk the butter with the sugar until the mixture whitens.
 3. Add the eggs, one by one, to the sugar and butter.
 4. Add the dry ingredients into the batter alternately with the buttermilk and the food colouring.
 5. Fold in the baking soda and vinegar.
 8. Pour the red batter into 2 greased cake pans and bake for 20/25 minutes at 180°C or until an inserted cake tester comes out clean.
- Let cool.

Filling

1. Mix well the cream, with the sugar and butter

icing

1. Boil the cream.
2. Add the chocolate and the butter.
3. Let it cool a bit, but not totally.
4. Frost the entire cake and take it to the fridge until it hardens.

HOMESCHOOLING FOR THE FOLKISH FAMILY

BY HILDR

Why Homeschool?

Nationalists are unlikely to find much to agree with in the current establishment's education system. From the 'diverse' society promoted at every opportunity, where every picture presented of a random group of people or a family, for example, will usually be made up of several different races (something that rarely happens in reality, yet is being pushed by the establishment as 'normal'), to the visiting groups of homosexuals during 'LGBT week' style rubbish promoting their lifestyle to primary school children, aboriginal groups promoting white guilt, history lessons full of lies that encourage Europeans to hate themselves and so on, the parent that sends their child to school has a lot of work to do debriefing their child from this mess that they're surrounded by in schools, and is often battling the peer pressure that their child faces in the school environment, whereas the homeschooling parent simply raises their children with positive values from our own culture, presenting a European outlook full of our healthy ancient archetypes, virtues and wisdom. For any parent, the opportunity to educate children in a manner that inspires them to learn and recognises their unique talents, rather than turning learning into drudgery is often reason enough to home educate.

There are some typical objections to homeschooling, from both the parents considering it, and also from concerned relatives and other outsiders, who often have no idea what goes on in mainstream schools these days, these objections are often about socialisation, the time that homeschooling takes, and the doubt that we don't have the ability to teach our own children well:

Socialisation

One of the main issues that comes up when people find out about homeschooling, is whether the children will have enough of a social life to be healthy. There are a lot of homeschooling meet up groups around, and other activities that children can get involved in, often different homeschooling meet up groups focus on different approaches to homeschooling, such as natural learning, Montessori and Steiner as well as just generic groups for all homeschoolers. My family has formed an informal group with another heathen family, where we have fortnightly meetups in parks and in our homes, and also include some seasonal celebrations in this, so that our children see other children around them following the same traditions. There are also many mailing lists and online groups for homeschoolers on the internet, so it's possible to ask questions and learn from other parents. In a mainstream school a child is socialised typically with a class of 30 other children the same age as them, this is a completely different scenario from what they will experience after they finish school, so it can be argued that it's a more natural method of socialising for a child to be interacting with people of all ages, as they do in homeschooling, with parents, siblings, relatives and friends.

Time

Another issue many potential homeschoolers have is of the time that it takes to homeschool. The 6 hours or so that a child spends in school is often disrupted by badly behaved children, and they're often learning slowly, on a level to suit the slowest learners of the class, and learning many irrelevant things. The teacher also has to help around 30 children, so can't teach as efficiently as a parent can. My oldest son is nearly 5 years old and his homeschooling takes around an hour and a half a day, as he gets older he will be able to read books himself, watch videos and answer questions about these, so while he'll be spending more time on his education, it won't all need to be done with a parent. Children also learn through just living, I have been asked many times, while just going about the daily chores and activities, how to spell a word, what one number plus another number is, and a million other questions that just arise spontaneously, even cleaning the house with bicarb soda and vinegar is a good way to teach about chemical reactions, and making bread is a cooking, science and art lesson all in one, children can learn to grow their own food and care for animals, and do this in a way that teaches personal responsibility.

Homeschooling for the Folkish Family continued....

"I can't teach"

It can be overwhelming to approach homeschooling with just a vague idea of the subjects needed, and often we've forgotten a lot of what we've learned in school. It can be confusing to know exactly which approach to take to a child's home education, especially when there are so many different approaches. Fortunately there are many complete curriculums available now, either for free or to purchase, and for the older students there are many free videos online explaining complicated maths and science concepts, so we don't need to know these things ourselves in order for our children to learn them. For those who don't want complete curriculums, there are books that show how to teach certain subjects, and plenty of free information available online.

My own family's homeschooling journey:

When my husband and I first met, one of the many views we shared in common was that we wanted to home educate our children. Our family's home education started soon after our first baby was born, when we began to read stories and talk to the baby, it's only natural for a parent to talk to their babies and children, and to want to read stories, and there are so many wonderful European picture books around, from traditional stories that have been told for thousands of years, through to more recent stories by Elsa Beskow and others, which also deal with European themes and imagery.

At first we thought we would take a Steiner/Waldorf approach to homeschooling, and not do any formal schooling until around age 7, with the children learning through play and being read stories before that time, but our children seemed eager to learn, and we have so much to teach that we were also eager for them to learn and didn't want to wait any longer, and began to teach the alphabet and numbers to our oldest son starting at around age 4, which he really enjoyed. After that was a fairly vague and haphazard approach, with nothing planned ahead, and we found a lot of time would be wasted having to think on the spot all the time with this.

After finding Varg Vikernes' and Marie Cachet's website 'The Ways of Yore' we looked into Montessori home education and found that there was a lot more to it than we had originally thought, and that it's something that's in line with the European spirit. While we don't take a 100% Montessori approach to education, we've incorporated many of the ideas and materials into our homeschooling, such as having several activities set up and letting the child decide what to do first (although they still have to do all the activities in one day).

The most important thing we've found using any homeschooling method is to be organised. Setting aside time each month or each year (or both) to write down general goals and curriculum and to purchase any materials or books that are needed has been really helpful to us, and many other homeschooling families would agree. Too much precious learning time gets wasted if we're not prepared, and it's just not possible to teach what we want if we don't have the right materials, books and so on ready. It's possible to homeschool for free, relying on free internet resources and local libraries, parents need to be well organised for this approach as well.

In conclusion, I would definitely recommend homeschooling to other stay at home parents, and to parents that are able to take their children along to their workplace with them. It is a relief to my family not to have to explain negative aspects of the current society and its propaganda, and to simply present a positive alternative instead.

"Self-education is the only possible education; the rest is mere veneer laid on the surface of a child's nature."

— Charlotte M. Mason

Children's Cooking Corner

Easy homemade marshmallows

1 1/2 cups caster sugar
2 tablespoons gelatine
1 teaspoon vanilla extract
2 cups desiccated coconut
red, yellow, green and blue food colouring
(optional)

1

Grease a 3 cm deep, lamington tray and line the base and sides with baking paper. Combine sugar and 2/3 cup hot water in a saucepan over medium heat. Cook, stirring, for 3 minutes or until sugar dissolves and syrup is clear.

2

Combine gelatine and 2/3 cup cold water in a jug with a fork. Pour this into the hot syrup and cook, stirring it for 2 to 3 minutes or until gelatine has dissolved and mixture is clear. Pour into bowl and set aside to cool to room temperature (about 30 minutes).



3

With an electric mixture beat the sugar and gelatine mixture on high for 6 to 10 minutes or until very thick. Add vanilla and beat for a further 1 minute. Spread into prepared pan. Smooth top. Set aside, at room temperature, for 1 hour or until set. Lift onto a board. Using a wet knife, cut marshmallow into 24 squares.



4

Place 1/2 cup coconut in each snap-lock bag. Add 8 to 10 drops food colouring. Seal and rub colour into coconut. Place 1 marshmallow at a time in each bag and gently toss in coconut to coat. Remove to a wire rack. Set marshmallows aside until surfaces feel dry (about 1 hour). Serve.

Women for Aryan Unity

*Proud of Our European
Heritage and Traditions*
waul4.com



Choc Chip Banana muffins

60g butter
2 cups self-raising flour
1/2 cup caster sugar
1/2 cup milk
2 eggs
3 ripe bananas, mashed
200g chocolate bits

Get an adult to light oven and preheat to 200C or 180C fan-forced. Grease & flour a muffin tray. Melt butter for 40 seconds in microwave and set aside to cool slightly.

Sift flour into a mixing bowl and stir in sugar. Make a well in the centre of dry ingredients.

Lightly beat milk, eggs and butter in a jug using a whisk and add to dry ingredients, along with mashed banana. Using a wooden spoon, gently mix ingredients until just combined. Stir in choc bits.

Spoon the mixture evenly into muffin tray and bake for 20 minutes or until firm on top when lightly touched (get an adult to help with this). Leave in the tray for 3 minutes and then transfer the muffins to a rack to cool.



Gluten-free cake

480 g brown beans (cooked and mashed)
6 eggs
150 g brown sugar
100 g ground hazelnuts
50 g ground almonds
1 baking powder
1 vanilla sugar

apricot jam/marmalade



couverture:
150 g chocolate
70 g butter
1 dl cream (milk)
10 g ground hazelnuts (or what you like for decoration)

Separate egg yolk and egg white. Make beaten egg white.

In another dishes you also make beaten egg yolk with sugar, add beans, baking powder, hazelnuts and almonds. Mix all good and slowly add beaten egg white.

Bake for 45 minutes at 180 °C. (Try with knife to see when is baked). When it's chilled cut into 2 layers. The bottom layer spread with jam and put the upper layer on. Cover with melted chocolate and decorate.

(Instead of jam u could make cream from mascarpone, Nutella and whipped cream, as I'll do it next week)

Kim - Slovenia

Natural Cures for Ants

There is no need to use harmful chemicals as a means to exterminating ants, as natural treatments work quite well. Below are a few common natural treatments to consider:

a) Black Pepper: is one of the cheapest and safest ways to naturally get rid of your ant problem. Wherever you see a gathering of ants just sprinkle black pepper. Ants exit and enter their homes from the same spot so pepper should be placed at this location, which will discourage their re-entry. Black pepper is safe; therefore, children and pets are not affected and food kept in a pantry is unharmed. This cure also works well in kitchen cabinets and on windowsills.

b) Apple Cider Vinegar: Eliminate an ant problem by creating a mixture consisting of one part each of apple cider vinegar and water, which is kept in a spray bottle. Wherever you see ants, spray the surface with the mixture several times throughout the day. There is a natural chemical within the vinegar that affects an ant's sense of smell, causing them to avoid the solution.

c) Baking soda is poisonous to ants; sprinkle it around your plants to ensure they stay away.

d) Fill a spray bottle with 1 part vinegar and 1 part water and spray on plants. The acid in vinegar will kill ants.

e) Mint or Rosemary: Many ant species dislike mint and will crawl away. Some homeowners have planted the herbs around their home for better results, especially close to doorways and windows.

f) Attack the Nest: If you have a serious ant infestation, this may call for you to attack the nest, this can be done by either pouring apple cider vinegar down the entrances of nests, placing a sponge soaked with sugar on top of the holes of an ant nest will catch ants that are attracted to the sweetness.

g) You can also create a mixture of hot water & pepper which is a good remedy for destroying nests. Finely chop the hot peppers in a food processor and mix with hot water, and then pour directly over the nest. Boiling water is a common ant nest cure as well. Some people have also mixed equal parts of sugar and baking powder and covered the holes of visible ant nests.

Make your own Runes by Sudhimmel Hearth



What you will need

Branch, saw, pencil, scissors, wood burner, tin can, saucepan, newspaper, bees wax, paint brush.

Step 1: Collect a correct sized branch from a European tree, we used an Elm branch

Step 2: Allow the branch to completely dry

Step 3: Cut 24 pieces in total around 2cm thickness (may be an idea to cut extra just in case of mistakes)

Step 4: Use a grey led pencil to mark out the runes on each piece.

Step 5: Using a wood burner, burn the pre outlined runes

Step 6: Use scissors to trim the edges of each piece

Step 7: Place the tin can into a saucepan and add a small amount of water, bring to boil and then allow to simmer

Step 8: Cut the bees wax into small pieces and place into the tin and melt.

Step 9: Place down some newspaper

Step 10: Dip brush into the melted wax and lightly coat one side, allow drying, once dry turn over and repeat



Dental care for our children

It is disturbing to see the amount of dental decay in very young children, so I thought I would put together a few tips on keeping our children's teeth healthy.

Teeth are some of our children's most important possessions. How you look after their teeth from the time they are babies will make a difference to how they grow and how healthy they are. This means not only how you clean them but also how you protect them from things that can harm teeth. Tooth decay is preventable.

- Remember that teeth actually begin to form in the second trimester of pregnancy. At birth your baby has 20 primary teeth, some of which are fully developed in the jaw. To prevent build-up of bacteria run a damp washcloth over your baby's gums following feeding. Never allow your baby to go to sleep sucking on a bottle, when the sugars from juice or milk remain on your baby's teeth for hours, they may eat away at the enamel, creating a condition known as bottle mouth. Plain water is best for babies under 6 months of age.

- It is recommended that you child visit a paediatric dentist before their first birthday, the dentist will explain proper brushing & flossing techniques. Such visits can help in early detection of potential problems, as well as helping kids become accustomed to visiting the dentist.

- Never put anything sweet on a baby's dummy.

- Babies should stop using bottles by the time they are 1 year old, NEVER EVER give your baby soft drink or cordial, water is always the best option.

- Healthy snacks and drinks are important for children. Try to keep away from too much sugar, especially between meals.

- Start cleaning your baby's teeth as soon as they appear in the mouth. Clean the teeth with a small, soft toothbrush, remember that children under 18 months do not need toothpaste.

- Brush the teeth twice a day - after breakfast and last thing before going to sleep at night.

- Children aged 18 months to 5yrs should use toothpaste designed for children, parents need to supervise the use of toothpaste and tooth brushing by their young children. Children do not have the skills needed to fully clean their own teeth until they are 8 to 9 years old.

- You need to put the toothpaste on yourself until the children can do it properly. From 6yrs on children should use a pea sized amount of adult toothpaste.

- Spit the toothpaste out – DO NOT rinse the mouth after brushing

WAU SouthOz

IMPLEMENTING THE 14 WORDS

In this over to you section we ask the question: What does implementing the 14 words mean to you?

We Must Secure The Existence Of Our People And A Future For White Children.

From my perspective simple ways to implement the 14 Words are as follows. Collect soda/pop tabs on cans and support funding for Dialysis. Or collect Box Tops/Labels for Education and help local schools better fun our youth. You can also volunteer for Marches/Runs to raise money for the children. Do hospital drives. Collect toys and go to a local hospital and help children suffering from ailments that are terminal. That's True 14. -Kevin Harris

For me I tend to the graves of 5 children who died when they were babies / toddlers, 4 of them died in the 1800's so their immediate family have long since joined them and one little girl died in the 80's but her grave was untended so I took over the care of her grave. I also ran two marathons last year to raise money for child loss groups, I designed a t-shirt for a group that supports families who are pregnant with children who will most likely die In utero or shortly after birth, this group gives these families love and support when the only option that is being shoved down their throats is abortion. Our children who didn't get a chance to live deserve the same love, for me the 14 words begins at conception! -Evelyn

I wholeheartedly believe that begins at home with our own children if we have them we have to understand that they are our future and we need to be doing all that we can do for them educate them on their heritage... Tell them the stories of their ancestor's European history and the like... Spend time with them and teach them life skills that you believe are necessary it doesn't matter if its money management cooking and cleaning or teaching your daughter how to be a mother when she's older simply by allowing her to watch all it is that you do day by day. I like the idea of reaching out into the community and helping others but I also believe that we should take a note from the Norsemen and the Germanic tribes of the past are the 14 words begins within our own community with people we know reach out to those who have children become a part of their lives be an adopted aunt or uncle and become a positive influence in the lives of children around you somebody they will look up to you later and draw inspiration from... Our race is only going to be as good as the children we raise into it we have to realize what it is we want from them when they grow up and continue our fight... Look around you and reach out to those around you it is the simplest thing I can think of and very effective- Dani

But a simple and effective way that I implement the 14 words is by having a beautifully framed picture of the 14 words on the wall in my bedroom. Every morning I wake up and it reminds me of what I need to do for my children. -
Jen Fun-nell

For me it starts with loyalty to Our Folk first and foremost, most speak about it but rarely does anyone really truly live it. I think I have done a good job and if i died tomorrow I would have few real regrets. -Evelyn

To foster a true sense of community - Lotta Rose



The first part of the sentence "We must secure our existence" to me to the most crucial and difficult. This is only achieved by awareness and unity. With that said how much of this do we see, not only in our movement, but in American culture.... Hardly any! This is why we must use our first amendment right and talk about securing our existence. Making sure people are aware that other cultures are trying to wipe us out. We must, boots to the ground, communicate with people the statistics that surround this. We must wake up the drones, move the herd, and get people thinking. This is

also achieved through unity. We must work together to save our race, our bloodlines, and a secure and safe future for our next White generations. - **Vex Steele**



14 words for me is to direct the guys who are finding life , to let him know that not all children are as lucky as them , to have a computer , brand clothes, money to go out to have fun . Unfortunately, there are also unfortunate kids with parents who do not arrive later this month, perhaps with serious health problems. I discovered many years ago, a department of children with illnesses that led to death. We brought with volunteers, a smile. Because a smile does not cost anything. Remember Alyssa, a girl of only eight years old,

who fought against leukaemia, but unfortunately the evil has taken over. Children must have a smile, they have to live a childhood without worries.

For me, this is the value of life, 14 words. **Lu Uoma Krieg**

For me and my family, it's something since you wake up in the morning till you go to bed at night you put into practice without realizing , fully automatic , always watching our daughters catch those values and precepts. And face to others, giving true example of family – **Frans WAU**





Implementing the 14 words continued...

- * Have Aryan children
- * Encourage our children to have Aryan children too
- * Help children Aryan in trouble and sensitizes them for life and for our ideals
- * Sensitize Aryan youth to preserve their race and to live in peace with the ones of their own kind explaining for example with the words written above or showing the degradation of miscegenation and the beauty of the Aryan race
- * Exalt the pride of the Aryan race as showing photographs and examples of the beauty of our race
- * Volunteering in kindergartens, schools, orphanages, youth associations, etc. so that we can show who we are and spread our ideals
- * Provide texts and books that tell the truth about globalism and Zionism, promoting discussion, debate and good reading comprehension about these books. Trying to avoid the Zionist and globalist propaganda that abounds all over the web
- * Promote events where the pride of the white race is exalted and claim the right to them, remembering that the other races have done so.

In every land, a people and a boss.

How wonderful the World will be when this become the reality!

Beu Valkyrie Brunide

Sendo eu Nacionalista Branca já de há muitos anos a esta parte, acredito que apenas através do Orgulho, Brio, Dignidade e Luta conseguiremos fazer triunfar as 14 palavras. Orgulhar-mo-nos de tudo quanto é nosso e a nossa Pátria amada disser respeito, lutando sempre por preservar e fazer crescer as nossas tradições; Cultivar e passar esse orgulho de forma vinculada para a educação dos nossos filhos. Criar, ter e manter a nossa própria família de forma briosa e coesa, para garantir que a continuidade desse orgulho branco seja tatuada com infinitude no sangue e nos corações das gerações vindouras por nós criadas; Isto mesmo é um compromisso, um dever de honra de cada um de nós. Manter sempre o espírito e o físico disponíveis para a causa branca, pois apenas a lealdade e a irmandade nos farão triunfar nesta guerra pela preservação da nossa raça e pelo futuro dos nossos filhos - **Sandra**

Para mim as 14 palavras são aquilo que tento incumbir aos meus filhos! Honra Respeito e Lealdade para com a Família País e Cultura! Ajudar e lutar por um Futuro melhor para os nossos filhos tal como os meus avós e pais fizeram por Nós!... Ser fiel sempre à nossa Família, educar e criar com uma consciência racial que tem vindo a ser perdida! **Amora**

I try to implement the 14 words into my daily life. Firstly by trying to secure an existence for our people. This can be done by raising awareness as to what is happening to our people, whether in our own countries or others. Donating and raising money for white families in need and for our political prisoners. I raise my children to be racially and culturally aware, as our children are our future and to raise them without pride in our people and knowledge of their past and culture would be racial suicide. Precept 25. A People without a culture exclusively their own will perish - David Lane. I keep good contacts with my Folk and am always willing to help with projects when needed. By constantly learning and educating oneself on our people and our past. Honouring and paying respect to our fallen is also a way of implementing the 14 words, as a people who do not remember those who have come before are lost.

Frigga WAU

For me implementing the 14 words daily, means truly living the life every moment, not just when it's convenient. Being an example to the younger generation, so they grow strong and proud in this world that tests us on a daily basis. I believe helping others of our race regardless of country is important too. I do hospital drives, food drives, help with a local animal shelter and raise my children to be culturally aware without hate. By learning, being an example and lending a hand we can secure an existence for our children.

Sara WAU



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This is the official magazine of Blood & Honour - packed full of Interviews, Reviews, Articles and Contact Points.

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Facts on PCOS (Polycystic Ovarian Syndrome) & Tips on dealing with it~

What is PCOS?

In very simple terms, PCOS or Polycystic Ovarian Syndrome is a genetic problem with various hormonal manifestations. It presents with a rainbow of symptoms like difficulty in losing weight, tendency to gain weight around the waist (belly), regular or sometimes grossly delayed periods, excess facial hair, acne, difficulty in conceiving, recurrent miscarriages, etc. It is not necessary that one must have all these symptoms or problems together. While some patients may have recurrent miscarriages, others may have had children easily but battle delayed periods and weight gain.

PCOS is the most common cause of menstrual irregularities in woman in the age group of 15 to 45 years. In the women suffering either from infertility, recurrent miscarriage, or weight gain, PCOS is responsible for 50% of the problems. This is not something that has suddenly evolved now. It has been there for years but definitely the incidence has increased maybe because of our food habits, lifestyle changes, or rising environmental pollution.

PCOS and Diabetes

Doctors say that woman who have PCOS have a high risk of getting diabetes and they suggest a medicine to be taken daily. It is true that women with PCOS are more susceptible to diabetes because women with PCOS have an increased risk of being glucose intolerant. They can develop diabetes early in life and develop diabetes when pregnant which is known gestational diabetes in medical terminology and have a 50% chance of developing diabetes after the age of 40.

Preventive measures like weight loss and diet modification should thus be started at an early age.

Natural treatment of polycystic ovarian syndrome

- 1.** Eat at regular intervals. For example, if you have breakfast, lunch, and dinner between 8 to 9, 12 to 2 and 8 to 9 respectively, see to it that you follow these timings as the thyroid gland become trained to secrete juices in these times. Any variations and it puts pressure on the glands. Doesn't matter even if you gulp down a glass of milk, but the timings must be maintained.
- 2.** Salt restriction is another major aspect. Prepare food without salt. Take as much as you want in the plate (only one helping) then add salt to taste. Prefer saindhav salt (Himalayan crystal salt).
- 3.** Have a papaya for breakfast/dinner at least 2-3 times a week until your cycles regularize. Apart from that also intake porridge prepared from Ragi extract (nachini, Eleusine coracana). prefer crystal sugar (Khadisakhar, Mishri) for taste instead of normal sugar. Weight watchers can prefer sugar substitutes however crystal sugar is very safe.
- 4.** Avoid sleeping after lunch. Have a glass of buttermilk (prepared without salt).
- 5.** Stay away from direct/indirect use of the following items; Brinjals, Peas, Peanuts, cauliflower, seafood, pickles, curds (buttermilk is okay), green chilies, mustard, bakery products (pastries okay).
- 6.** Apart from that, certain regular exercises are also recommended.

Mother & Daughter Interview

There is nothing more important in this world than having a special relationship with your family. Nothing can ever be more comforting as the relationship that a mother shares with her daughter. There are a lot of girls out there today, who do not even see their mothers or even talk to them. I believe that all daughters should have that special bond with their mother, as we all need that positive role model in our life. I, myself do not see my own mother, so I look up to a lot of the women of WAU and Crew 38 as every one of them who are mothers, have a beautiful relationship with their children.

Liz and Rhiannon- two beautiful ladies who have one of the strongest bonds I have ever seen between a mother and daughter. They are always there for each other, and just to see them together is inspirational and very moving. I hope to share this feeling with everyone reading this article, and show how deep a mother's relationship with her daughter can be.

INTERVIEW WITH RHIANNON (daughter)

1. Growing up, did you have a close relationship with your mum?

I have a very strong meaningful relationship with my mum, now and when I was growing up. We were always side by side. I can't remember a time where I wasn't with her. I can't recall ever being without her.

2. What made your relationship special and different to every other girl your age?

I think what makes mine and my mum's relationship so special is what we went through together. My dad was in and out of prison, I guess we were somewhat of a dysfunctional family, my mum played the role of both parents, I can't ever recall her hiding too much from me, if she did it would of been for my protection. I'd also like to add that my dad has since got himself together and now plays a huge part in my life.

3. Do you think it is important to tell your mother everything, even if it may be bad?

I think for myself it is very important because I feel that she would not judge me for what I've done and she trusts my decisions. I've told my mum very close and personal things that I've experienced, mum has taught me to regret nothing, if a decision I have made was wrong then I can learn from it. I may not think that at the time but I generally pull through.

4. A lot of girls these days, do not have a close bond with their mum, what advice would you give these girls?

I'd give the advice that family is forever and it should always come first, because I feel that was an important lesson that my mother taught me. If you don't have a good relationship with your mother/family I believe that external help can mend bonds/relationships.

5. Your mum is pretty inspirational and a strong woman, what views and values has she taught you?

She has taught me there is nothing more important than family, Not to regret the things we have done but learn from them and move on. Also to keep your friends close but your enemies closer.

You know I actually remember when I first was introduced to WAU, it was early to mid-90s, we had no printer for the computer, mum always used to take me to the library and would print me out the latest issue of "Little Warriors" She would read me the stories before bedtime, There was some great colouring in pictures also! And now after all these years I'm actually involved in a WAU interview.

6. Lastly, how do you believe your bond with your mum has shaped you into the beautiful person you are now? It has given me a lot of confidence, as I know there is nothing I have to go through on my own and that being myself is always the way to go. I'd just like to say thank you WAU for asking me to do the interview. It's good to see WAU going really well, you women are great.

PART TWO INTERVIEW WITH LIZ (mother)



1. As a mother, how important do you believe it is to have a bond with your daughter? It's extremely important for mothers to make that effort to have close bonds with their daughters, let's face it, it's a dog eat dog world out there, from the moment you enter the world there's savages in every direction trying to get a little piece of something you have, It's up to us as parents to protect our children from that.

So many young girls today live in a world of magazines and reality shows that promote nothing but negative influences, a young girl who has a good bond with her mother will want to turn to her for answers and advice rather than take in crap from the mind numbing idiot box. The bond and relationship you have with your daughter at an early age will shape her into becoming a stand up decent human being.

2. A lot of girls these days do not have a strong mother figure in their life to guide them, and are sadly going down the wrong paths in life. Do you believe this statement is true and how did you guide Rhiannon as she was growing up? Definitely a true statement, I see this every day in my line of work. As a youth worker I deal with many a young girl whose mother was more interested in getting her next hit, drink or

kicking her daughter out in order to bring another man into the house. There is no one in their life so they end up in all sorts of predicaments. I guided Rhiannon the best way I knew how, teaching her the morals and values that were instilled in me by my mother and by making sure we had a strong attachment, attachments are relationships that develop from interactions. I let her find her own way but I stood on the side lines ready to catch her when she fell and in some cases, she caught me when I fell...

3. Do you believe honesty and trust plays a big factor in having a healthy relationship in a mother/daughter bond? If so- what advice would you give to mothers out there? Honesty plays a major factor in healthy relationships, I think if you look at the bigger picture, for example, your 10 year old comes to you with the where did I come / how did I get here questions and I have seen mothers cringe with this and spout all kinds of stories, only to cause long term problems and issues. As I said looking at the bigger picture, dishonesty or not telling it as it is can perhaps lead your daughter off that safe path that she needs to walk on, so, please analyse your situation and think about outcomes.

4. How do you believe your relationship with Rhiannon has shaped both of your lives? I have learnt many things as a mother and it always hasn't been a bed of roses. As Rhiannon mentions, we were a very dysfunctional family at one stage and there were some tears and heart ache along the way. My relationship with Rhiannon kept me sane, she gave me strength that I never knew I had, she has taught me compassion, she has shown me how to love unconditionally and has made me realise what I am capable of. So I guess it's safe to say that because of Rhiannon, I am the woman that I am today. Rhiannon also is a very strong young woman with a very wise old soul, she sees beauty in things that I sometimes can't see, I often find myself thinking that if I haven't done anything else that's good in this world at least I did good with her.

5. Raising a teenager isn't always easy or fun, as at this age girls are going through changes and their emotions are running high. What advice could you give others on how to cope through these years and still maintain a healthy bond? It isn't always easy to say the least, and when your daughter has your fiery temper, things can get quite heated. Advice I would give? I think you need to have space, respect your daughters boundaries, and no matter what words may have been uttered in anger during the day, always hug your daughter and let her know you love her and that she is the be all and end all, let her know you may not always have the right decisions or answers but when you face emotional times together you can conquer anything. I cannot emphasise the importance of spending hour upon hour together, of being honest and letting your daughter know how much you love her. If there are problems, get counselling, do whatever it takes to keep a strong bond, once its established you will have it forever.

6. Lastly, how do you hope to see Rhiannon in the future? Rhiannon works very hard to achieve her goals, she will be successful in whatever she does, I hope to see her happy with a family of her own, I am lucky, I have been both a mother and a daughter, I hope Rhiannon also gets to experience that. I'd like to thank WAU for asking me to do this interview, what brilliant work you are doing; I really am honoured to call you girls my sisters.

*We hope you
enjoyed this issue
of Homefront*

